

Sleep Log (children 11-17) Please assist your child to complete this diary. If you are unsure of an answer, please still write down an estimate.

Please complete this each morning

Your child's sleep last night	e.g., Thurs 28.7.16						
1. At what time did you wake up this morning?	7am						
2. At what time did you turn the lights out last night?	8pm						
3. How did you feel about going to bed? 0 = unwilling (wanted to stay up later) 10 = willing	7						
4. About how long did it take you to fall asleep (minutes)?	45 mins						
5. Did you need parent help to get to sleep? Yes/No	YES						
6. How many times did you wake up <i>during</i> the night?	3						
7. Did you need any help to resetttle? Yes/No (describe)	YES. Went on phone						
5. How long was each awaking <i>during</i> the night?	10, 10, 20						
6. About how long did you sleep altogether? (in hours & minutes)	7 hrs 35 mins						
7. How alert/refreshed did you feel on waking? 0 = not at all refreshed 10 = extremely refreshed	7						
8. What sleep medication, if any, did you take last night?	Melatonin 2mg						

Please complete this each evening

Your day today							
1. How much energy did you have today? 0 = none 10 = maximum	5						
2. Were you in good spirits today? 0 = sad/irritable 10 = happy/easy going	6						
3. What were you doing in the 60 minutes before bed? (TV/reading/bath/computer games/social media/playing)	On phone						
4. Did you have any caffeine (coffee, tea, energy drinks) in the afternoon?	Energy drink 3pm						
5. Did you exercise today? Type/time?	nil						